



NCARNG Weekly Safety Newsletter



October 2, 2015

North Carolina State Safety Office Contacts

State Safety Manager
COL John Mullinax
X46253

State Occupational
Health Manager
MAJ Christina Henderson
X46206

State Safety Specialist
1SG Gregory Greene
X46420

State Safety Specialist
MSG Hugh Wilson
X46153

Industrial Hygiene Tech
SFC Wayne Benner
X46388

Lodging Coordinator
Newsletter Editor
Meredith Dixon
X46637

For more information
Visit us at [NCGKO](#)
(CAC Login)



For more Safety
information visit
[US ARMY
SAFETY CENTER](#)



Car crashes are the leading cause of death among North Carolina teenagers. A teenager is involved in a crash every 23.6 minutes. Even after many months of driving practice, when teens move from supervised driving to driving without an adult in the car, their crash rate increases sharply. This reflects the many crash risks that result from poor judgment, dangerous conditions and other things besides technical "driving skill" that are involved in crashes. Please share the tips below with new drivers.



Slow down: Excessive speed is a major factor in crashes involving teens. Slow down and live. Your speed should be equal to the driving conditions you encounter. For example, when it rains the road becomes slicker. Also, visibility decreases and you need more time to stop-so leave more space between your car and other vehicles. Also, you should turn on your car's headlights in inclement weather.

Insist on belt use: Make sure you know the importance of seat belts. Remember - it's the law in North Carolina and you and your parents could be held liable, legally and financially, if someone is injured riding with you. Seat belt use significantly reduces the chance of a serious injury or fatality.

Limit passengers while learning: Fatal crashes are more likely to occur when other teenagers are in the car. The risk of a crash increases with every additional passenger. In North Carolina, only one other person can ride in your car. Exceptions only include your family. You should be concentrating on driving and not talking to others. This can cause a distraction and could become lethal.

Caution in intersections: Drivers running red lights and stop signs are huge problems. Many people are seriously injured or killed because they didn't pay extra attention to other traffic. After a traffic light has turned green, or you are pulling away from a stop sign, remember to look left, right, and left again before proceeding. No one should assume that other traffic will stop for a red light or stop sign. Proceed with caution when entering an intersection.

Use your head!: You should use your head, always looking over your shoulder before changing lanes or merging. Don't rely on the mirrors alone. They have blind spots.



Avoid distractions: While learning to drive, pay full attention to the roadway. Your responsibility is to operate the vehicle safely. Distractions like the radio, cell phones, and passengers take your attention away from the road. Remember - increasing distractions increases the risk of a crash.

Don't tailgate: This is a bad habit that is a major cause of crashes. Leave plenty of space between yourself and the vehicle ahead. You should be able to see the rear tires of the car in front in slow traffic situations. At higher speeds, you should leave a three-second-cushion between your car and the vehicle in front of you.

Move Over: North Carolina law requires motorists to approach cautiously when an emergency vehicle is stopped on the shoulder of the roadway with its emergency lights flashing. Motorists are required to change lanes away from the emergency vehicle on a multi-lane highway, or slow down on a two-lane highway. You must slow down while maintaining a safe speed.

Be courteous: Be courteous by letting motorists entering the roadway merge in front of you. When a driver ahead puts on a turn signal, slow down and let him over. Courtesy on the road goes a long way to making life more enjoyable for everyone.

For more information on Teen Driving visit www.ncdps.gov



NCARNG



Weekly Safety Newsletter

October 2, 2015

North Carolina State Safety Office Contacts

State Safety Manager
COL John Mullinax
X46253

State Occupational
Health Manager
MAJ Christina Henderson
X46206

State Safety Specialist
1SG Gregory Greene
X46420

State Safety Specialist
MSG Hugh Wilson
X46153

Industrial Hygiene Tech
SFC Wayne Benner
X46388

Lodging Coordinator
Newsletter Editor
Meredith Dixon
X46637

For more information
Visit us at [NCGKO](#)
(CAC Login)



For more Safety
information visit
[US ARMY
SAFETY CENTER](#)



Tailgating Safety Tips

Football season brings the haze of portable grill smoke over parking lots and the delicious aroma of barbecued foods, but it also presents a few hazards that shouldn't be overlooked.



Respect Food Temperatures

Whether prepared in advance or cooked on site, keep food at safe temperatures. Although meat will continue to cook for a short while after it's removed from the flame, you should follow well established guidelines to be sure it's fit for consumption. Ground meats should reach an internal temperature of at least 160°F, steaks at least 145°F, pork chops at least 160°F, and chicken should reach at least 180°F. To prevent bacteria from growing, store cold foods in a cooler with plenty of ice and keep hot foods insulated.



Use Grills Safely

Loose gas hoses and improper lighting can cause a host of problems that put you and neighboring fans in danger. An all-too-common mistake is lighting a gas grill while the top is closed, which can result in an explosion. If using a charcoal grill, do not leave the air and wind to cool down the coals and head over to the game. This is one way that banners, tents and even cars may catch fire. Instead, grill early on when you tailgate and make sure you completely put out the embers.

Be sure to douse them with water and let them cool before placing them in a container to discard or pack in your vehicle. Always be sure the container is one designed to store coals.

Take Extra Precautions in Parking Lots

No one likes to drive in a crowd, and racing through the parking lot to get out of the stadium can only spell trouble. To avoid hitting a parked car, watch your speed and give yourself plenty of space to maneuver around vehicles when you leave. Use a ground guide if needed.



Protect yourself from the sun and stay hydrated

The sun might not be sizzling like it was during summer, but even under a cloud covered sky it's easy to get scorched while tailgating. Have plenty of sunscreen on hand for your guests. Dehydration is another potential tailgating problem. Mild dehydration symptoms include headache, dizziness, sleepiness, and thirst. Drink water to battle dehydration, not soda, juice or alcohol. Drinking water in small amounts throughout the day helps guard against dehydration. If you're sweating over a grill, you'll need to be particularly vigilant about consuming water.

Designate a Driver

Some people may walk out of a game not realizing that they've had one too many. Designating a driver who will avoid alcohol is a small action that may end up saving someone's life. Be aware that consuming alcohol can increase dehydration as well.

**For more information visit www.blog.allstate.com/top-10-tailgating-safety-tips/